



DOUCET'S 'NEW DEAL'
BUSINESSES, FAMILIES
KEY FOR MAYORAL
HOPEFUL {page 3}

**SUSTAINABLE
SANDWICHES**
GUILT-FREE FOOD AT
WHALESBONE {page 31}



BETTY REMEMBERING THE GOLDEN YEARS {page 18}



OTTAWA

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Thursday, September 16, 2010
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City lands 2012 all-star game

- Melnyk makes good on 2003 pledge to bring showcase event to Ottawa
- Game coincides with 20th anniversary of the return of the Senators



► National Hockey League commissioner Gary Bettman, from left, Ottawa Senators owner Eugene Melnyk and Senators president Cyril Leeder speak to the media following yesterday's announcement.

The rumours have been confirmed.

The Ottawa Senators will host the NHL All-Star Celebration at Scotiabank Place in 2012, Sens owner Eugene Melnyk announced here yesterday.

The event, which will showcase the NHL's top players, is "a once-in-a-lifetime,

weekend-long celebration of all that is great about hockey, the NHL and our city," said Melnyk.

The event will fill more than 7,000 hotel rooms and bring \$30 million in economic activity to local businesses, said Melnyk. "It means we'll take centre stage in the hock-

ey world ... this event will be seen in over 150 countries around the world."

"We know this great venue and this city are more than well equipped to handle this marquee event," said National Hockey League commissioner Gary Bettman. ■ TRACEY TONG

Metro Home

Home is where the heart is

- Great ways to help conquer clutter
- Looking for a mortgage? There might be a conflict
- Sunrooms for healthy living, and more {pages 26-30}

Police can't stop online shooter

Cops ask U.S. sites to take down Dawson College game {page 8}

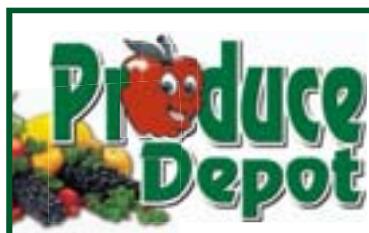


A step back in time

Boardwalk Empire has robust cast {page 19}

Seven Deadly Life Coaches

John Mazerolle channels those negative emotions {page 16}



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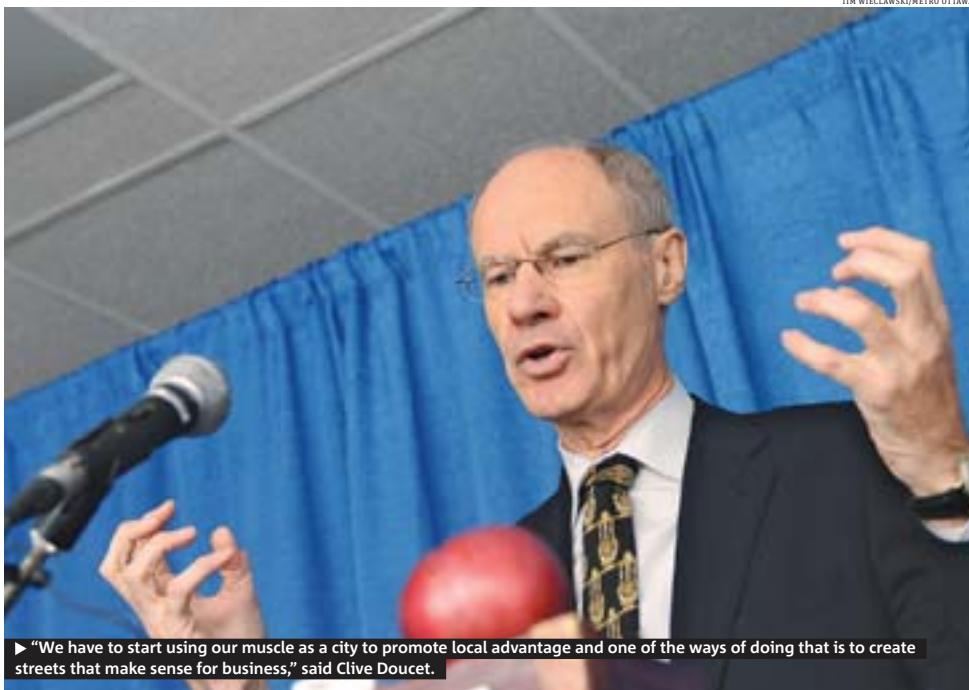


www.mattamyhomesottawa.com

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Doucet offers 'new deal'

► Promises less regulation for business, separate bylaws and more markets for farmers ► Wants Ottawa to have its own food terminal



► "We have to start using our muscle as a city to promote local advantage and one of the ways of doing that is to create streets that make sense for business," said Clive Doucet.

 **TIM WIECLAWSKI**
@METRONEWS.CA

Carling Avenue could look a lot more like Preston Street, if Clive Doucet is elected mayor.

Part of Doucet's strategy for helping small businesses is to "redo" city streets to make them more business and family-friendly.

"If a street is ratty and unpleasant businesses don't succeed," said Doucet. "Carling is ratty and unpleasant, my first

measure will be to rebuild Carling to the Preston model."

Doucet wants to run a \$600-million electric light-rail line down Carling Avenue, while also widening the sidewalks and planting more trees and putting in nicer streetlights.

Businesses would also have an easier time doing simple transactions with the city with a one-page registration form for small patios and a guaranteed 60-day turnaround time.

"It should not take six

Plan

Doucet's Local Advantage plan for small business and farmers also includes:

- Business Reinstating curbside recycling for small businesses.
- Development Create an economic development group that will work with the Ottawa Centre for Research and Innovation and the Entrepreneurship Centre to encourage environmental business startups.
- Bylaws Rural areas would get a separate set of bylaws than the urban areas.

months to get a vegetable stand or a patio on a street corner," he said. "We should be able to do that quickly and easily and cheaply for the business."

Man charged in Barrhaven car crash

Following an investigation that lasted almost three months, police have charged an 18-year-old Ottawa male in relation to a fatal collision that killed student Christian Williams in Barrhaven on June 22.

Kareem Alli is charged with causing death by criminal negligence and dangerous operation of a motor vehicle causing death. He appeared in court yesterday.

● TRACEY TONG

Two arrested in Vanier

Police arrested two robbery suspects during a high-risk traffic stop at the Vanier Parkway and Queen Mary Drive in Vanier Tuesday night.

At 8:32 p.m., police responded to a robbery at a Hazeldean Road drug store in Kanata, where two suspects demanded narcotics and fled the scene. There were no injuries.

The investigation continues. ● TRACEY TONG

Region eyes car-free transit

Residents and visitors in the National Capital Region are asked to consider using sustainable modes of transportation including cycling, walking and carpooling starting today through Sept. 22, as a part of International Car Free Day and Gatineau's Sustainable Transportation Week.

● TRACEY TONG



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Prominent women's group teams with police, doctors to urge Ottawa to save gun registry. Video at [metronews.ca /canada](http://metronews.ca/canada)

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Stay out of tunnel, politicians

► Watson pledges to keep politics out of massive downtown project

The downtown Ottawa transit tunnel is too big and important to be left for politicians to mess it up, mayoral candidate Jim Watson said yesterday.

If he's elected, Watson has promised to appoint an independent arms-length management board to control construction of the \$2.1-billion light rail line from Tunney's Pasture to Blair Road through the downtown tunnel.

Watson also wants Infrastructure Ontario to be

"We can't afford to have politicians meddling in the construction of this massive project. To do so would potentially drive up the price beyond our capacity to pay for it, and I won't allow that to happen."

MAYORAL CANDIDATE JIM WATSON

responsible for awarding the major contracts, since they have more experience with projects this size and the city has questionable credibility within the rail industry because

of the previously cancelled project.

"They lost a lot of confidence when the city cancelled the last light rail," he said.

● TIM WIECLAWSKI



► Jim Watson

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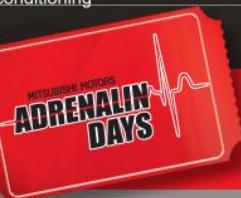
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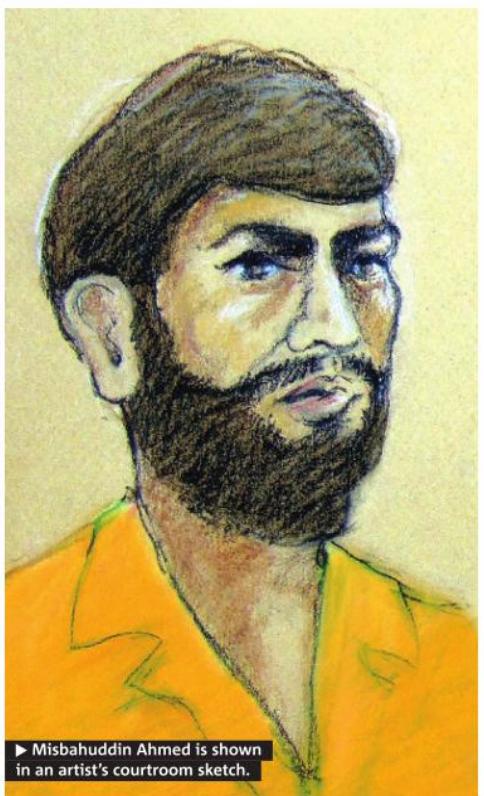
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► Misbahuddin Ahmed is shown in an artist's courtroom sketch.

TAMMY HOY/THE CANADIAN PRESS

Bail hearing starts for terror suspect

A bail hearing for an Ottawa man arrested on terrorism charges will stretch into a second day.

Contents of the hearing for Misbahuddin Ahmed, an X-ray technologist at a local hospital, are under a publication ban.

Ahmed, 26, was charged in late August with conspiring to facilitate terrorist activity.

This week he was also charged with possession of explosives intended to cause harm in league with a terrorist group.

Police allege the international plot stretches from Canada to Afghanistan, Dubai, Iran and Pakistan.

But there has been no official word on the alleged targets — or even if things had advanced to that stage.

Charges

- Hiva Mohammad Alizadeh, 30, of Ottawa and Khurram Syed Sher, 28, of London, Ont., have also been charged under the Anti-Terrorism Act.
- The three men were arrested after police seized more than 50 electronic circuit boards supposedly designed to be remote detonators for explosive devices, as well as schematics, videos, terrorist literature and bomb-related documents.
- Bail hearings for Alizadeh and Sher have yet to begin.
- Three other men have been named as unindicted co-conspirators.

THE CANADIAN PRESS



Karl may calm ... but not for long

Tropical storm Karl is expected to quickly weaken into a tropical depression as it slogs across the flat peninsula of southern Mexico before heading back out over the Gulf of Mexico, where it could turn into a hurricane by the end of the week and threaten the central Mexican coast.

Cops, women's groups vouch for gun registry

- List provides vital data: Halifax police chief
- Index saves lives, despite drawbacks: RCMP report

A coalition of women's groups, police chiefs and emergency room staff in Nova Scotia is urging Ottawa to maintain the long-gun registry, arguing the program is critical to fighting domestic violence.

Members of two women's crisis groups, Halifax's police chief and the provincial nurses' union said yesterday the federal government would do away with a valuable source of data and hamper investigations if it scraps the registry.

Pamela Harrison, executive director of the Trans-

88%

Janet Hazelton, president of the Nova Scotia Nurses' Union, says 88 per cent of Canadian women who are killed with guns are shot with long guns.

tion House Association of Nova Scotia, said her groups use the program routinely to find out what weapons are in a home where spousal abuse is suspected.

"It's extraordinarily im-

portant in terms of preventing women's death," she said at a news conference in Halifax.

The British Columbia Association of Chiefs of Police also voiced its support yesterday, saying federal politicians should be discussing public safety.

"We need to have a conversation about firearms-related violence in this country and gang-related violence," association president Clayton Pecknold, deputy chief of police for Saanich, B.C., told a news conference in Vancouver.

THE CANADIAN PRESS

Latest Mideast talks end without agreement

A mortar attack by Palestinian militants and air strikes by Israel formed the grim backdrop as Mideast leaders ended their latest round of peace talks yesterday, still divided on major issues. There was no word on when they would meet again.

The inconclusive U.S.-brokered talks between Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas left in doubt the prospects for their new effort to end generations of hostilities in the region and create a sovereign Palestine alongside a secure Israel.

George Mitchell, the U.S. envoy for Mideast peace efforts, emerged from an evening session to say the talks had been encouraging but had fallen short of agreement.



Abbas and Netanyahu met with U.S. Secretary of State Hillary Rodham Clinton for about two hours at the Israeli leader's official residence in Jerusalem and agreed to continue the search for a peace deal, he said.

But the leaders face a looming crisis with the expiration this month of Israel's partial moratorium on West Bank settle-

Violent backdrop

Militants opposed to any deal with Israel have threatened to derail the negotiations.

1 The Israeli military said eight mortars and one rocket hit Israel yesterday — the highest daily total since March 2009. There were no injuries.

2 Israeli warplanes responded by bombing a smuggling tunnel along the Gaza-Egypt border, the military said.

3 Hamas officials said one person was killed and four wounded.

ment construction, and it was not clear when they would reconvene.

THE ASSOCIATED PRESS

Bill targets dangerous medication

A bill aimed at curbing the abuse of the addictive painkiller OxyContin and other prescription drugs was tabled in the Ontario legislature yesterday.

The bill would allow the province to monitor prescription narcotics and other controlled substances, from painkillers to stimulants and sedatives.

Currently, Ontario only tracks drugs prescribed under a public program that funds medications for seniors, welfare recipients and the disabled.

The bill will expand that database, and issue an alert if someone tries to get the same drugs from different doctors. THE CANADIAN PRESS

Reducing wait times for dentists

Ottawa says a new initiative will cut the wait time for foreign-trained dentists to be certified in Canada to less than one year from seven years.

Human Resources Minister Diane Finley said Ottawa is spending \$800,000 to help streamline the application process and get dentists working sooner.

The Royal College of Dental Surgeons of Ontario said there is now one national application process that applies to all provinces and territories.

The new system means dentists will know, before they move, whether they need to take upgrading courses in order to get a licence. THE CANADIAN PRESS

Vessel runs into jetty, injuring 25

A Turkish-flagged catamaran carrying 213 passengers crashed into a jetty yesterday on the eastern Aegean island of Kos, and 25 people were injured, most of them British tourists, authorities said.

Five people sustained serious injuries as the boat was trying to dock at the Kos port, the Merchant Marine Ministry said.

The ship may have suffered a mechanical failure, and crashed twice into the jetty, said deputy island mayor David Gerasklis, adding the cause of the crash was still under investigation.

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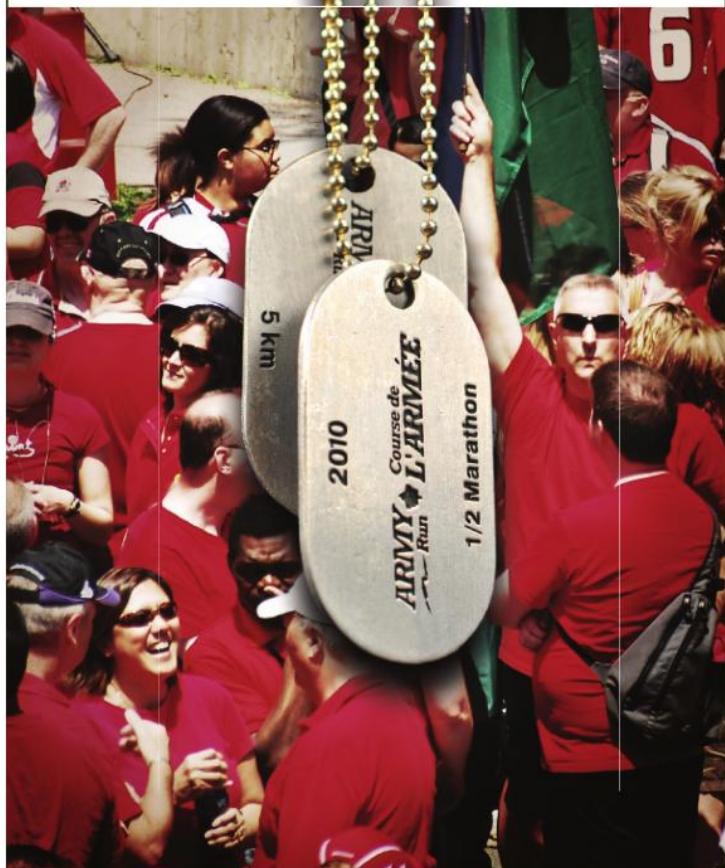
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Following the Rally, run participants can pick up their race kits at the Army Run Sports Expo at Cartier Square Drill Hall

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THURSDAY, SEPTEMBER 16, 2010

Be open to cellphones: Premier says

► McGuinty's government has already banned motorists from using cellphones

TORSTAR NEWS SERVICE FILE PHOTO
Ontario schools should be open to the idea of allowing students to use cellphones in the classroom, Premier Dalton McGuinty said yesterday.

McGuinty, who won't even let his ministers keep the devices during cabinet meetings, said he understands they can be a major distraction, but there is a "right way" to use them in class.

"Telephones and BlackBerrys and the like are conduits for information today, and one of the things we want our students to do is to be well-in-



formed," he said. "And it's something that we should be looking at in our schools."

The Toronto District

School Board — one of the largest in Canada — is considering a rethink of its cellphone ban.

Board spokeswoman Kelly Baker said students are still required to shut off their cellphones during class, but the board is exploring ways to make them more acceptable in the classroom, such as using them to take notes.

NDP Leader Andrea Horwath said she can't understand why McGuinty would want to add another distraction in the classroom.

TORSTAR NEWS SERVICE

Quebec. Inquiry



► Renald Beaudry, lawyer representing former Quebec justice minister Marc Bellemare, questions an ink dating expert over a document written by his client, at the Inquiry Commission into the appointment process for judges yesterday in Quebec City.

JACQUES BOISSINOT/THE CANADIAN PRESS

Expert can't determine note date

The Bastarache Inquiry continued in Quebec yesterday, as an ink expert testified he could not determine with the date on which Marc Bellemare took notes on his allegations of influence-peddling on nominating judges.

Man charged in rare fraud

Police in Brampton, Ont., say they have charged a man with fraud for pretending to practise witchcraft. Investigators allege the suspect was taking money for witchcraft-related services at his home. THE CANADIAN PRESS

Court eases sentence of ex-Liberal

Benoit Corbeil, a former Liberal official convicted for his role in the sponsorship scandal, has seen his sentence reduced by the Quebec Court of Appeal to 12 months of house arrest rather than 15 months in prison. THE CANADIAN PRESS

Millions of toys recalled

More than 1.2 million Chuck E. Cheese light-up rings and toy eyeglasses are being recalled in Canada and the U.S. There are concerns a child could break open the plastic and swallow the small battery. THE ASSOCIATED PRESS

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Survey: Nearly all Canadians fear cyber fraud

► Ninety-nine per cent of Canadians expect online fraud, identity theft or 'something bad' to befall them

When it comes to cyber crime, almost all Canadians expect they will be victims but almost half think it's OK to "steal" movies and music online, a survey suggests.

"It is gloomy," said Lynn Hargrove, director of consumer solutions for Symantec Canada, an antivirus software maker which did a global study on cyber crime's human impact.

"It's almost all of us. I think they have more of a sense of online doom," Hargrove said of Canadians.

Despite the feeling of helplessness about cyber crime, almost 50 per cent of Canadians believed it



► Lynn Hargrove

was OK to "steal" music and movies from the Internet, the survey found.

"It's an interesting look at people's online ethics,"

Hargrove said.
Free does have a price, though.

Hargrove noted that organized crime can put malware on content that is being downloaded for free, leaving people exposed to having their personal information silently stolen.

Other ethical questions found that 11 per cent of those surveyed thought it was OK to impersonate someone online and 12 per cent thought it was OK to browse someone else's files and email.

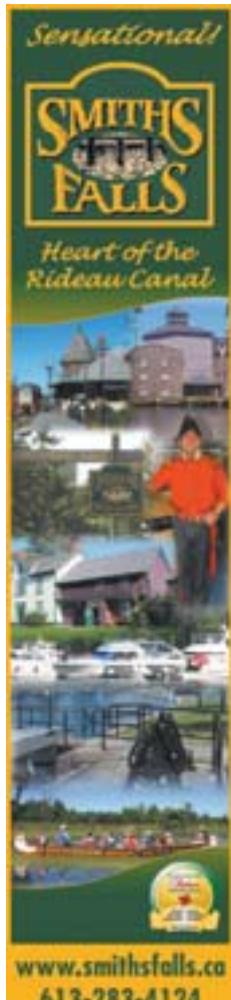
"There's still work to be done," Hargrove noted about online ethics.

THE CANADIAN PRESS

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► A Kashmiri protester runs for cover yesterday as Indian paramilitary soldiers chase him during a protest in Srinagar, India.

DAR YASIN/THE ASSOCIATED PRESS

More blood in Kashmir

Indian police opened fire yesterday on Muslim demonstrators in the Indian town of Srinagar, near Kashmir, killing four people and wounding 30.

Cancer not killing as quickly: Study

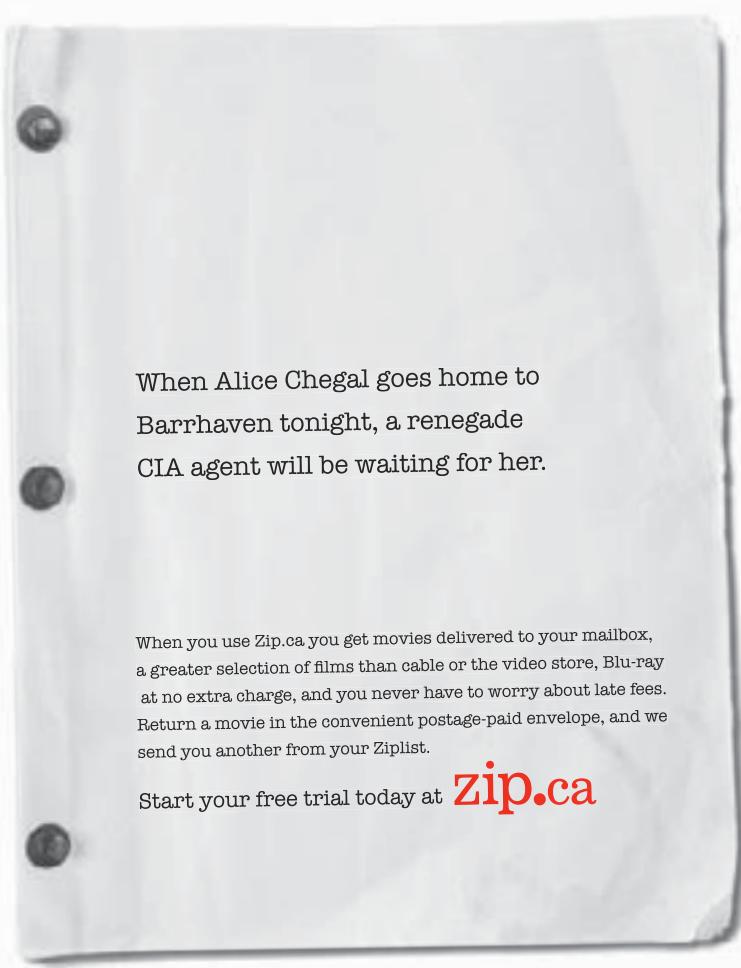
The predicted probability of surviving five years following diagnosis has increased for a number of cancers, notably non-Hodgkin's lymphoma, according to a study released yesterday.

Statistics Canada predicted survival estimates for cases diagnosed in 2004 to 2006, which were then compared with those diagnosed in 1992 to 1994.

THE CANADIAN PRESS

62%

According to the study, the five-year relative survival ratio for all cancers was estimated at 62 per cent in 2004 to 2006. That's up from 56 per cent in 1992 to 1994, said one of the study's co-authors.



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The Man Who Made the Whole Town Lose Weight

In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

The 10-day diet

When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

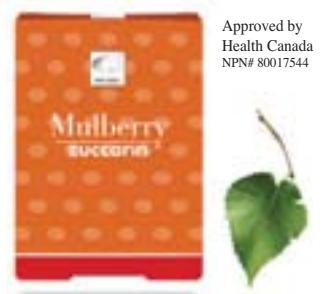
"I recommended that customers follow

the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."



MULBERRY - A BREAKTHROUGH!

For centuries, the Japanese culture, which is known for having a long life and a slim, healthy physique, has enjoyed the benefits of mulberry leaves. We now know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

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Fake. Pot



Banning fake weed goes to pot

Authorities in 13 U.S. states thought they were acting to curb a public health threat when they outlawed a form of synthetic marijuana known as K2: A concoction of dried herbs sprayed with chemicals. But even before the laws took effect, many stores that did a brisk business in fake pot had gotten around the laws by making slight changes to K2's chemical formula, creating knockoffs with names such as "K3," "Heaven Scent" and "Syn."

RCMP seizes 7 tonnes of hash

The Mounties seized a container packed with enough hashish to intoxicate the entire country.

Police in Montreal discovered seven tonnes of hashish — or about seven million grams. The dark, laptop-sized hash bricks were discovered in an abandoned trailer Sunday in the

city's west end. "It's a big one," RCMP spokesman Cpl. Luc Thibault said yesterday of the seizure.

Police have not made any arrests, but say they are investigating and hope to get leads from the public.

The seizure is estimated to be worth \$70 million.
THE CANADIAN PRESS

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12 weeks (36 hours in class and 36 hours online)

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Saturdays: 9am to noon (6 Levels)

September 27 to December 18, 2010

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September 27 to December 18, 2010

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Level 2 and 4 – 12:30 pm to 3:30 pm

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Shell doubles its oilsands output with new mine

► Jackpine mine project near Fort McMurray has been five years in the building ► Estimated cost: \$2 billion US

Royal Dutch Shell PLC said yesterday a major oilsands project in Canada is now producing 100,000 barrels per day, nearly doubling the company's production from the unconventional source.

With the 100,000 barrels of oil per day equivalent from Jackpine now online, total production by the Shell-operated Athabasca oilsands project has increased to a quarter of a million barrels per day.

Shell's total production was 3.11 million barrels of oil and equivalents per day in the second quarter.

Shell has invested heavily in new production capacity throughout the



GETTY IMAGES

► Marvin Odum

expects it to rise more than 10 per cent by 2012 from 2009 levels.

"The Jackpine mine is a tremendous addition to our oilsands portfolio," Marvin Odum, Shell upstream Americas director and president of Shell Oil Co., said in a news release.

"Canada's oilsands are an important source of energy in a world with increasing energy needs," Odum added.

"Shell is committed to developing this resource responsibly and to pursuing opportunities to reduce the impacts of our oilsands operations."

THE CANADIAN PRESS

downturn after an accounting scandal in 2004 forced it to slash proven reserves.

The company's production has been declining for nearly a decade but Shell

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Everyone has a favorite memory of spending summers at the cottage. The cottage experience is an Canadian as prime bacon or real maple syrup and should be experienced by everyone at least once in their life. So here I go looking into the options I have to share the cottage experiences I had with my children. What are the options and how can I afford them? As I looked into cottages I found it was quite simple to find something to rent but what about ownership? The thought of being able to escape after a long week at work would be great. What I found is that cottages can be very expensive. My grandfather had told me the story of how each of his three brothers chipped in five thousand dollars and they got a little place with an out house on Chandon Lake up near Apsley, crazy nights before the kids would get bored. Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campground either. They call them my wife's idea of roughing it was a hotel "Resort Cottages" or Park Model

"Homes". Just imagine a small cottage beautifully decorated for only \$39,900 to \$129,900 and if I wanted to start in something a bit smaller I could get into a perfectly comfortable vacation home for only \$29,900.

It turns out that RV's recreational vehicles come in all shapes and sizes. The models come in one, two and three bedroom floor plans that sleep up to eight comfortably and come fully furnished. You can own one in a resort that has converted itself from a trailer park to a Park Model Resort. They are upscale properties that usually have plenty of activities for everyone from heated pools and kids clubs to recreation halls where they host events like wine and cheese parties or themed dinners.

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Then I found an alternative, it's not a four hundred thousand dollar cottage on the lake but it's not a little trailer in a campsite either. They call them my wife's idea of roughing it was a hotel "Resort Cottages" or Park Model

Toronto. Rally



► Nortel pensioners protest the provincial government yesterday.

DARREN CALABRESE/THE ASSOCIATED PRESS

Nortel pensioners protest province

Hundreds of Nortel pensioners rallied to protest the handling of their pension funds by the Ontario government. Retirees want the government to offer a different plan called the financial sponsorship model, where financial institutions compete to offer something like a pension.

McGuinty mum on peak hydro rate increase

► Premier won't say if peak rate would rise to offset lower off-peak rate ► Suggests communications problem

The New Democrats say they're worried electricity rates for peak hours could increase if the Ontario government lowers off-peak rates.

Premier Dalton McGuinty says there needs to be a larger price differential between the two rates to encourage more people to change habits to take advantage of time-of-use pricing.

However, McGuinty wouldn't say if lowering the off-peak rate would mean

Peak rate

► NDP Leader Andrea Horwath says she's disappointed McGuinty ducked the question about increasing the peak rate for electricity, which is already nearly double what Ontario residents used to pay 24 hours a day.

an increase in the peak rate, and now suggests it's a communications problem.

He says the government may not have done a good enough job of explaining the pricing options available to people who do laundry or dishes late at night.

Progressive Conservative Leader Tim Hudak says the smart meters installed to tell exactly when people are using electricity are not helping anyone lower their hydro bills.

Hudak says smart meters are nothing but a "McGuinty tax machine."

THE CANADIAN PRESS

Blind faith, or no faith at all – is there another choice?

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SunTV frontman quits amid turmoil



ADRIAN WYLD/THE CANADIAN PRESS

► Kory Teneycke announces his resignation as vice-president of development at Quebecor Media yesterday.

TECHNOLOGY

Phones to act as psychics

How smart do you want your smartphone to actually be? Do you want it to read your mind? Intel Corp.'s research chief, Justin Rattner, says technology has advanced to the point that an idea of "context-aware computing" that's been around

for two decades is becoming more of a reality with the rise of mobile devices.

That could lead to phones that act as psychics in your pocket. Rather than simply amass secrets about you, the devices could be doing things with that information, such as predicting what you might do next and offering suggestions.

Tech companies already do this, but only in pieces.

THE ASSOCIATED PRESS

● Blames problems on jump into journalism after leaving PM's office

A proposed right-wing, all-news TV network says it is "full steam ahead" despite the sudden resignation of its high-profile and politically connected frontman.

Kory Teneycke, who until last year was the chief spokesman for Prime Minister Stephen Harper, stepped down yesterday as vice-president of development at Quebecor Media, saying he had become a liability to the launch of SunTV.

A pitched public battle is raging over perceived media bias, alleged political influence, and the terms and conditions of SunTV's as-yet unheard licence application.

"This controversy has gotten out of hand," Teneycke told an Ottawa news conference. "It has morphed from one of market differentiation to something more vicious and vitriolic and, yes, at times, I

The resignation of Prime Minister Harper's former spin doctor from the leadership of one of Canada's most-powerful news organizations is a battle won in a longer fight."

RICKEN PATEL, AAVAZ

has contributed to the basing of that debate."

Teneycke's resignation came a day after international advocacy group Avaaz.org went to the RCMP and Ottawa police asking for an investigation into fraudulent tinkering with an online petition. The petition demanded the federal TV regulator refuse any special favours for SunTV's licence application.

THE CANADIAN PRESS

Microsoft unveils new browser

Microsoft says a beta test version of Internet Explorer 9, its newest web browser software, is now available for download. Microsoft Corp.'s browser taps into processors on newer computers to make websites run faster. It has also redesigned the way the browser looks.

THE ASSOCIATED PRESS

Market moment

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A HEART THAT DEVISES WICKED PLOTS

He says ...

JOHN MAZEROLLE



I'd like to thank the greatest motivation in my life: The Seven Deadly Sins.

I owe them everything. If I ever need to give an acceptance speech, these Seven Deadly Life Coaches will be mentioned. (Well, maybe not sloth, but he wouldn't be there anyway.)

My allegiance to the sins isn't some hedonistic desire to break the rules. I'm a straight-laced guy who never crosses at a red light and who feels uncomfortable if an Axe commercial comes on in mixed company.

It's just that so-called negative emotions are better motivators than positive ones.

Altruism? Duty? Justice? Those do-gooders have always let

me down.

But wrath, pride, envy, lust, and their close cousin, fear?

They've been there for all my accomplishments.

The high school accounting class I got a 70 in was "easy," but the chemistry class I got a 96 in was "hard." I needed to be scared of failure before I would do the work, and knowing I could boast about it among the other nerds made it useful.

Meanwhile, anger pushed me into journalism when a girlfriend told me I'd never amount to anything, so I

approached a newspaper with a spurned heart and a couple columns.

"Altruism? Duty? Justice? Those do-gooders have always let me down. But wrath, pride, envy, lust, and their close cousin, fear? They've been there for all my accomplishments."

My hiring was made doubly delicious when I next met the ex and saw she had expanded like an inflatable raft with its rip cord pulled. Any regrets I had were quickly tucked away in the folds of her neck.

See? Terrible, hateful. And where would I be without it?

Sure, I might be "happy." But I

write about bad things that happen to me. Make me happy and I'm like a country singer whose wife and dog come back. I lose

my powers.

I recently signed up for a half-marathon and at first felt like I was doing it for pure reasons. But I soon realized the truth is I want pats on the back.

I'm not ready for purer motivations yet, but maybe one day in the future I'll accomplish something simply because it's the right thing to do, free of any of the sins. I picture six of them pushing me along on my bicycle without the training wheels, and when I turn back I'll realize — gasp! — they're not holding the seat anymore.

When that moment comes, I'll be proud. No, wait.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

STEALTH FIGHTER



A sweet breakthrough

Worth mentioning

Some sweet science news: Researchers have released a nearly complete map of the DNA of the tree that produces chocolate.

The project to map the cacao genome was funded by candy maker Mars Inc. It finished the sequence just two years into what was supposed to be a five-year project.

Mars, the maker of Snickers, M&Ms and other candies, says it hopes the results could someday lead to more robust, higher-yielding and drought- and disease-resistant trees.

An estimated three million tons of cocoa is produced globally every

Science of chocolate



year, produced primarily by small farms.

But crop losses from pests and diseases costs an estimated \$700 million to \$800 million to farmers each year.

Unlike corn, wheat and rice, cocoa is often described as an "orphan crop" because it has been the subject of little agricultural research.

With this recent breakthrough, however, scientists say they have moved closer to ensuring the success of the crop, and so, too, the success of small farmers in some of the most climate-vulnerable places on the planet.

Mars will have spent \$10 million on the project by the time it's complete.

• METRO

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Metro Minute at the Laurier House

Nestled among the residences at the intersection of Laurier Avenue and Chapel Street, Laurier House commemorates two of Canada's most notable prime ministers, Sir Wilfrid Laurier and William Lyon Mackenzie King.

From 1897 until 1948, the house was one of the focus points of political life in Canada as the residence

of Laurier and Mackenzie King while they were leaders of the federal Liberal party. In his will, Mackenzie King bequeathed the house to the "Government and People of Canada" so future generations could see where they lived, entertained dignitaries and conducted the business of the country.

• TIM WIECLAWSKI



► Mackenzie King's third-floor library has been preserved as he left it more than 60 years ago, complete with a portrait of his mother and a crystal ball.

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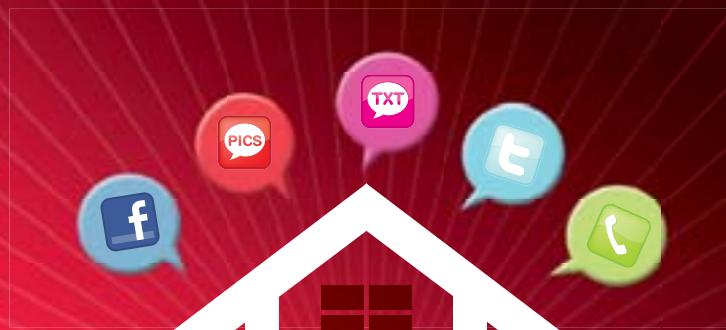
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Scene in brief



Taylor Swift is the latest act to offer bonus album content to an exclusive retailer.

The country superstar is aligning herself with Target Corp. for the release of her latest album, *Speak Now*.

The store will offer fans three additional songs, remixed tunes and video content when the album is released Oct. 25.

Speak Now is the follow-up to her Grammy-winning, multi-platinum CD *Fearless*.
THE ASSOCIATED PRESS



Defence lawyer claims prosecutor encouraged perjury by witness in Anna Nicole Smith case

Betty White looks back on her golden years

► More in demand than ever, the indomitable 88-year-old has no plans to slow down anytime soon

It was Sept. 14, 1985, when NBC introduced Bea Arthur, Betty White, Rue McClanahan and Estelle Getty as *The Golden Girls*.

A quarter century later, the show is still No. 1 among women who watch the Hallmark Channel, which begins and ends its broadcast day with an episode.

Betty White still sounds giddy when she talks about the show.

More popular than ever

following her Saturday Night Live hosting gig in May, her hit show *Hot in Cleveland* on TV Land and a scene-stealing turn in the upcoming movie *You Again*, the 88-year-old White recently spoke about her never-ending career.

Is retirement a dirty word for you? Isn't that ridiculous? It is not a dirty word. I am just enjoying what I am doing. If they want me to

retire, then stop asking me.

Did you know when you read the *The Golden Girls* pilot it was going to be so special? We all kind of did. You get a lot of scripts mailed to you and not too many of them are good, but when this one came along it just hit the spot and they sent it to each of us. They sent it to me with the idea of me doing Blanche. Jay Sandrich, who was our director for most of the Mary

PETER KRAMER/THE ASSOCIATED PRESS



► Betty White, June 14, 2010.



► From left to right: *Golden Girls* Bea Arthur, Rue McClanahan, Estelle Getty and Betty White.

Tyler Moore shows, said if Betty plays another nymphomaniac they are going to think it is Sue Ann Nivens all over again. He said, why don't we switch them?

Once the four of you started working together, did you know right away that you had great chemistry? The first table read was an experience. I had worked with Bea, I had done a couple of guest shots on *Maude*. I had worked with Rue on *Mama's Family*. Estelle was a new one to all of us. She came from New York after her hit. We all sat down for the first table read and somebody read a line and then somebody else read a line. You better be ready when you hit it over the net because you are going to get it right back over the net. It was the most exciting ... We all began to look at each other because there wasn't

any first reading feeling about it. It was like we had been working together forever. I still get goose bumps thinking about it.

Looking back, what are you most proud of about the show? I send up a prayer of thanks for the writing. We can't do it without the writing. It has to be on the paper. No matter how much credit they try to take, actors can't do it unless it is on that page and boy was it on that page. To get that kind of writing is such a privilege.

Golden Girls really showed older women in a sexual light. Do you think older women are still allowed to be sexy in popular culture? I think we were just trying to tell it like it is. I think older women still have a full life. Maybe the writers don't address it these days, but it doesn't change the fact. THE ASSOCIATED PRESS

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A back in time

► Actor throws himself into gritty and complex role in new TV drama set at dawn of Prohibition

Boardwalk Empire — HBO's wondrous new drama, which begins its 12-episode season Sunday — is set in 1920, the dawn of Prohibition.

Young Jimmy Darmody is just a month back from the Great War. He hates that the war made him "a murderer." He hates his bum leg, blasted by enemy shrapnel. And he nurses contempt for his former mentor, Enoch "Nucky" Thompson, who rules Atlantic City, N.J., as the town's favours-granting, graft-collecting treasurer.

The series boasts a robust cast including Steve Buscemi (as Nucky), Gretchen Mol, Dabney Coleman, Kelly Macdonald and, in a breakout portrayal as Jimmy, Michael Pitt.

Here is a simmering, gum-chewing fellow in a

"I found myself staying in character ... even when I wasn't shooting."

MICHAEL PITTA, ACTOR

newsboy's cap, ruthless yet sympathetic as he plots how to cut in on Nucky's outlaw liquor ring.

Pitt says he threw himself into the role, down to Jimmy's limp.

"I had a brace with a stick on the back of my

knee," he reports. "So, from the moment I

got on set in costume to the end of the day, I couldn't walk without a limp. Every day for seven months.

"I found myself staying in character a lot. Even when I wasn't shooting, I

6
DAYS

5
DAYS

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DAYS

working. I wasn't going out, I wasn't seeing friends. It's the only acting trick I've learned, to try to obsess."

Inevitably noted for his baby face, arresting blue eyes and pouty, pillow lips, the 29-year-old West Orange, N.J.-native seized on acting because, he says: "I liked the attention."

But he explains it evolved into a craft, which was a positive thing in his life.

Pitt has tackled roles in more than a dozen varied, often offbeat films that include the disturbing thriller Funny Games, The Dreamers, a pair of movies by Gus Van Sant and Hedwig and the Angry Inch — the 2001 musical in which he played a teenage Jesus freak who rips off a transsexual wannabe rock star.

A decade ago, he was a regular on Dawson's Creek, but walked away from that hit teen melodrama after 15 episodes. It wasn't what he wanted.

Boardwalk Empire has been plenty satisfying, Pitt says, while claiming to have "only scratched the surface" this first season.

Production wrapped in June, but the role of Jimmy and the era he inhabits "is still there. I'm still digesting it."

Like The Sopranos, this new series has dimension, unexpected twists and flashes of dark humour — plus startling eruptions of violence.

It occupies its era in lavish and painstakingly accurate detail, from the wardrobe and period lingo to the musical score."

THE ASSOCIATED PRESS

Salahi says she has MS in new book

Michaele Salahi, who gained notoriety with her husband by crashing a glitzy White House state dinner, says in a new book that she suffers from multiple sclerosis — a potentially debilitating disease.

Billed as a tell-all book written with the couple's co-operation, Cirque Du Salahi, by Diane Dimond offers little new information about the incident last year that sparked a high-profile government criminal investigation and

made the couple

minor celebrities after they arrived at the White House with a camera crew filming footage for the reality show that aired eight months later. But they were not on any of the guest lists and did not receive the typical engraved

invitation to the exclusive event.

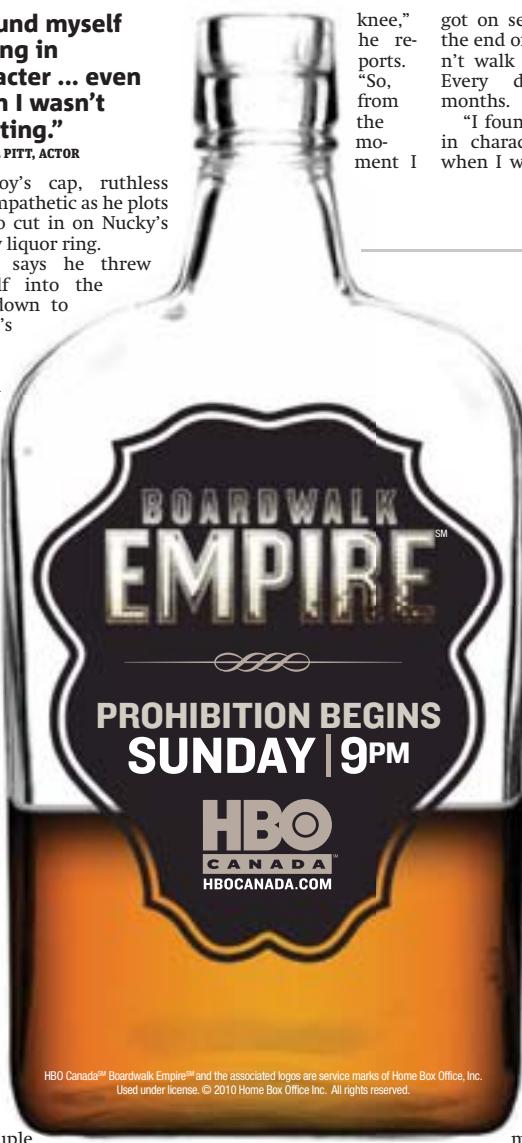
That the Salahis were able to get into the White House and so close to the president without being on a guest list prompted changes to security poli-

cies, the punishment of three Secret Service officers and a criminal investigation that hasn't yet led to charges.

Multiple sclerosis, Salahi says, explains her rail-thin physique. She rejects suggestions by others that she suffers from an eating disorder.

Salahi, 44, and a central figure on Bravo's reality show Real Housewives of D.C., was diagnosed with multiple sclerosis when she was 28, according to the book. Her symptoms include tingling sensations and exhaustion, especially in stressful situations.

THE ASSOCIATED PRESS



Reality. Global, NBC.

TV watch list

The Donald is baaaaack

COMPETITION. Donald Trump presents the 10th season premiere of The Apprentice, the first non-celebrity instalment since 2007. Another edition of Celebrity Apprentice will launch later this season.

THE CANADIAN PRESS

► The Apprentice

Fringe Benefits

SUPERNATURAL. Need a refresher before next week's return of the mind-bending sci-fi series Fringe? Check out a repeat of last year's two-hour finale before diving into season three.

THE CANADIAN PRESS

► Fringe.
Science fiction.
Fox.





► Singer Elisabeth "Lissie" Maurus is releasing her debut album *Catching a Tiger*.

Jamey Johnson: Free and wild

Jamey Johnson can do what he wants when he wants.

The country maverick records his songs with buddies when and how the muse directs.

He's not constrained by labels or styles, and couldn't care less what critics think — or anyone else, for that matter.

While Nashville's mainstream music market is

trending smaller — from singles to six paks to EPs — searching for more record sales in a market that continues to free fall, Johnson is putting out a double album, *The Guitar Song*, that includes 25 tracks and is more than two hours long.

He started recording the material for *The Guitar Song* in 2006. Johnson might be at his most hon-



► Jamey Johnson

Keeping an eye on Lissie

► California singer touted as next big thing ► Debut album *Catching a Tiger* tipped to be huge success

Her hippy chic look and feel has been described as "a barefoot prairie girl transported to an L.A. canyon in 1972" and she is tipped to be huge in 2010.

She is a 27-year-old American called Lissie, and she is releasing her debut album *Catching a Tiger*.

"Where I grew up with my family we were the

kind of people who walk up to strangers and tell them secrets," she explains.

"They give you a strange look and ask, 'Why did you tell me that?', but it's just in our nature. I'm still pretty unknown so I may have to be more careful in the future," she says.

Elisabeth "Lissie" Mau-

rus grew up in Rock Island, Illinois, and as a nine-year-old starred as orphan Annie in the musical *Annie* for a run of 80 shows.

But in her teens Lissie ditched the theatre in favour of music, and specifically to learn the guitar.

She says she always believed she had a career in

"Where I grew up with my family, we were the kind of people who walk up to strangers and tell them secrets."

LISSTIE

music. "I honestly did. It was what I always wanted," she says.

"But it's not only about talent. You have to be willing to work hard and be emotionally stable enough to be able to do it."

After a semester studying in Paris, France, Lissie moved to Los Angeles and got to know Bill Reynolds from Band of Horses.

They made a five track-EP that got some attention, but the music industry is still pretty new to Lissie. "I have still not had any bad experiences of the business," says the woman who claims if music hadn't worked out, she would have been a wildlife ranger.

"But I can tell if someone is dishonest or creepy and then I can choose not to work with that person."

And I'm not opposed to getting good ideas from other people."

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LeDroit
Radio-Canada
Canada

est on Baby Don't Cry, a lullaby to his daughter, Kylie, who's now 6.

"We are free. That's the whole point," Johnson says. "You're as free as you want to be. If you don't like your job, quit. Go do something you do like and figure out how to make money doing it."

Johnson didn't gain his cult hero status easily. He started as a singer-songwriter on the empty bar circuit after moving to Nashville in 2000, making a living during the day with a pump truck until his songs began to bring him notice.

He landed a record deal

that lasted just one album, went through a divorce and had few prospects.

The songs kept coming, though, and he never stopped recording. He laid the tracks for his breakthrough, *That Lonesome Song*, on his own and signed Mercury to release it. He went on to win his

second Country Music Association Award for song of the year for *In Color* in 2009.

His story resonates in Nashville, especially to a growing number of singer-songwriters who see him as a latter-day outlaw in the mould of Waylon and Willie, leading the way in uncertain times.

The Alabama native shrugs off the outlaw label deftly. "I've never done anything illegal."

THE ASSOCIATED PRESS

Bono bridges partisan gap

Campaign fights poverty, AIDS

A bipartisan group of senior political hands is supporting an effort backed by U2 rocker Bono to talk with candidates about global AIDS and poverty.

Former Clinton White House chief of staff John Podesta and former Republican Sens. Norm Coleman and Rick Santorum signed onto the One Vote 2010 campaign. Former White House press secretaries Mike McCurry and Dana Perino also are advising the issue advocacy push.

"This is not only the right thing to do in a humanitarian sense, it is also important to our own national security and future growth markets for American investment," said Coleman, a former Republican

senator. "One Vote 2010 is key to helping voters and candidates understand how American leadership in these areas is not partisan and must be maintained."

The Washington-based campaign is working with staff and volunteers in New Hampshire, Illinois, Ohio, Florida and Indiana — all states with open Senate races.

The campaign, with Bono as its champion, worked in 2008 to talk with presidential candidates and elicit pledges they would work to fight global AIDS and poverty. The campaign says it had more than 1,000 one-on-one contacts.

THE ASSOCIATED PRESS



► Bono

GETTY IMAGES

Not shaking the baby maker

FAMILY. Ryan Reynolds says he and Scarlett Johansson are still years away from starting a family, despite tabloid reports that they're adopting a baby. "I would say 99.9 per cent of it is just absurd. Silly, you know. And then maybe a relative will call me and ask if I've adopted a baby from Ghana," he tells GQ magazine. "We've not adopted anyone. A few years down the road, we'll be having a family. But that's years away at this point."

© METRO

Celebrity tweets

Joan Rivers (@Joan_Rivers) I tell every starlet: Never buy from a straight male designer! If you ever hear him ask, "Liza who?" run in the opposite direction!

Justin Bieber

[@justinbieber] officially need new @Proactiv - out of stuff and need to wash my face. anyone wanna wash up with me? ;). that was just wrong. lol

Russell Crowe (@russellcrouwe) Despite reports, I've never recorded with RZA. He has come to Australia twice to work with South's players, just fun, inhouse stuff to MoTV8

Sarah Silverman (@SarahKSilverman) I'm not lazy it's just that I have a very active dream life so I have to be there a lot.



► Darius Rucker

Monumental immortality

Hootie & The Blowfish is getting a monument in South Carolina's capital city.

The State newspaper reported that a large steel and black granite art piece will be unveiled Oct. 21 in Columbia's Five Points

neighbourhood, blocks from the University of South Carolina.

The newspaper reported the monument is expected to be about 20 feet long, 10 feet wide and at least 12 feet tall.

The Southern rockers

sold more than 16 million copies of their debut album, "Cracked Rear View," released in 1994.

The band hasn't played together much recently. They celebrate their 25th anniversary next year.

THE ASSOCIATED PRESS

DiCaprio is a lizard-lover

FRIENDS. Leonardo DiCaprio made a new addition to his life that's expected to be with him a very, very long time. The actor reportedly stopped by the North American Reptile Breeders Conference and Trade Show in Anaheim, Calif., recently and picked up a 10-year-old Sulcata tortoise, according to TMZ. The turtle, which he pre-ordered, according to sources, can live as long as 80 years and grow to 200 pounds.

© METRO

Sexual harassment settled

Casey Affleck has settled out of court with two women who filed sexual harassment suits against him, according to the Hollywood Reporter.

The women had alleged Affleck behaved inappropriately and created a hostile work environment during production of his documentary film, I'm Still

Here, about Joaquin Phoenix.

Both women will get credit for their work on the film.

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NYFW's Runway Roundup

► A look at some of the trends from New York Fashion Week ► Chiffon and '70s-inspired designs appear on catwalk, along with classic looks and sophisticated cuts

1 MARK BADGLEY AND JAMES MISCHKA

Review: The real inspiration for the collection that debuted at the Lincoln Center tents was the 1987 movie *White Mischief* starring Greta Scacchi, about a 1940s-era affluent woman visiting Kenya and finding romance and adventure. They delivered that with a pool-print chiffon top and a long, white georgette skirt dotted with white petals, a strapless sand-and-ivory organza gown with more petals and silver beads arranged like fans, and a romantic rose-and-silver gown that looked like a satin slip and a penoir on top.

2 DKNY

Review: The DKNY woman breezed onto the runway wrapped in the brand's new heritage-print scarf. The spring collection offered for 2011 borrowed from many classic wardrobe staples, including shirtdresses, ruffled blouses and trenchcoats. Karan's trim blazers and tapered trousers that she hoped would straddle precision and effortlessness, would work with anything.

3 MAX AZRIA

Review: Max Azria reminded the New York Fashion Week insiders — and hopefully some shoppers, too — that skin isn't always the key to sexiness. The spring 2011 clothes Azria previewed had a sensuality and sophistication that largely came from the ease of the silhouettes. So many of the dresses grazed the body and had such delicate straps that it was almost as if the models wrapped themselves in georgette or crepe sheets and were merely holding it all together with their fingertips.

4 NICOLE MILLER

Review: Miller went for an elegant layered look in her spring 2011 collection, with models walking the catwalk in thin fabrics in a subdued palette ranging from ivory to grey to black. An ivory jacket was worn over a long khaki silk georgette blouse and a satin chiffon dress. A pair of black shorts were cut just above the knee, giving them a very city-chic look. A chiffon dress had a prism print on it, while a jacket had cutout shoulders revealing the skin.

5 REBECCA TAYLOR

Review: Rebecca Taylor's head was in the '70s with mirror accents and pleated floral prints. A little bit Jerry Hall, a little bit Ali MacGraw, Taylor punched up some of her high-rise elastic waists with tulip and pom-pom designs and knife pleats, sticking mostly to neutral shades of grey, blush, sand and taupe. A canvas trench offered a splash of bright orange, along with a chiffon dot print in camisoles and midi-skirts in lively cherry.

THE ASSOCIATED PRESS

3 life

NYFW Trends



Top knots



Orange lips



Frizzy hair



Adding a film to its show,
Rodarte presents spring
at NY Fashion Week

American sportswear look of the 1970s coming back

NY Fashion Week takes a trip back in time this year

Say what you will about disco, the 1970s were a good time for American fashion. And iff it feels like decades whiplash, you may be right. Fall is the time for the '50s polished lady, and it wasn't so long ago that fashion was embracing the '80s.

But the '70s have been creeping forward, too. Wide-leg pants hitting stores for fall will go looser and easier for spring.

HALSTON

The city-loving night owl that has long defined the Halston customer probably doesn't get out into the garden much, so designer Marios Schwab gave her a few reminders of what it might be like out there: light, pretty, soft.

A black jersey dress, for example, had a gold snake-like halter top, and a two-

tone, one-shoulder gown had a burnout effect in the beading.

All it took from a white, high-neck georgette dress to become a sexy number were split sleeves and a gold waistband, and an ivory-pink jersey dress was gathered at the bottom, as if the model had just tacked up a longer gown because she no longer wanted to be bothered by the fuss.

TRACY REESE

Tracy Reese likes her catwalk to be a happy place and she consistently turns out clothes that suit that mood.

For the spring collection that previewed Monday at Mercedes-Benz Fashion Week, she used a black halter maxi dress, a waves-and-orchid print peasant blouse and the poncho

worn over a tie-neck blouse and Bermudas all channelled the relaxed style of a woman unconcerned about her BlackBerry or iPhone.

DIESEL BLACK GOLD

Flowing rock goddess dresses and tomboy suede jackets in neutral khaki, rich browns and camel were set against the sunny New York City skyline for the earthy Diesel Black Gold presentation.

Leaf motifs more suited to autumn popped up on tailored leather jackets with crosshatched seams, and in fringe overlay on short dresses and flowing longer versions topped with tight, edgy leather bodices anchored by braided straps. Diesel called the collection an ode to the West Coast.

THE ASSOCIATED PRESS



► The Diesel Black Gold spring 2011 collection modeled during Fashion Week in New York



► The Vera Wang spring 2011 collection

Vera Wang courting Kill Bill

Vera Wang typically specializes in artful, romantic styles, which might give one pause to the reference in her newest collection to Quentin Tarantino's violent Kill Bill.

But Wang, in her explanation to editors, stylists and retailers in the audience of her New York Fashion Week show, said it was a "fusion of East meets West, with a mixture of boyish urban sophistication and romantic other-worldly sensuality."

Of course, Wang's dresses were the best offering on the runway, including a red silk-tulle gown with a high neck and hand-ruched draping over a bustier, and a grey jersey dress with twisted pleats and a sheer organza back drape.

In recent years, Wang's catwalk has become a bit of a petri dish with the designer not afraid to take risks for big payoffs. It makes for a more directional and influential collection.

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Conquer clutter

► Getting organized needn't be dull ► There are plenty of stylish storage options to choose from

HOMES IN STYLE

HEATHER BUCHAN
HOMES@METRONEWS.CA

With fall upon us, now's the time to simplify your life and get all that clutter organized. Not only will taming clutter free up space and keep your home looking clean, but organizing allows you to find everything you need right away.

The good news is that there are a plethora of stylish storage solutions from

inexpensive organizing accessories to custom-made units. It just depends on your budget and needs.

Toronto interior designer Robin Siegerman, president of Sieguzi Interior Designs Inc., says trays, baskets and stylish boxes are the top three accessories to turn to when storing everyday items.

"If you need multiple trays and multiple boxes, then all the trays and boxes should be the same colour and ideally the same size, so they don't end up making the room look junky," she adds.

One big trend Siegerman points to is the use of faux leather boxes, either placed on shelves, a desktop or coffee table to hold items like stationary, jewelry, TV converters and more. "They look really tidy and don't look temporary," she says.

For people with bigger budgets, Siegerman says the best bet is to go for custom-designed built-ins. "With gadgets like drawer dividers, various sized drawers and pullouts, you can be sure there is a place for everything," she explains.



3



5



7



4



6



8

1. URBAN BARN, \$19 (SMALL BOX)



1

2. IKEA, \$9.99 (PACK OF TWO)

These steel and nickel-plated Kassett boxes come with a label holder and paper, so you can label them before setting them up on a desk or shelves; ikea.ca.

3. IKEA, \$24.99

Hung in the kitchen or near your front door, this Luns Writing/Magnetic Board has hooks to hang keys, a place to store mail and cell phones and a magnetic chalkboard for jotting down reminders or sticking up messages

4. URBAN BARN, \$24 (SMALL TRAY)

This fashionable Mock Croc Tray can be placed on a coffee table to hold books, coasters and a vase, or in the bedroom or bathroom to hold pretty toiletries.

5. IKEA, \$9.99 (PACK OF TWO)

The bold print on these Lingo boxes would add a bold graphic element to a neutral room, while keeping clutter neatly contained; ikea.ca.

6. CRATE AND BARREL, \$34.95

Placed on a console near the front door, this Marquis Valet Tray is divided for keys, cell phones, jewelry, pens and other small clutter that you need to keep close at hand for everyday use

7. CRATE AND BARREL, \$69.95

This sturdy handwoven Basay Basket with exposed handles can hold wood by a fireplace, magazines in a family room, towels in a bathroom or kids toys; crateandbarrel.com.

8. CRATE AND BARREL, \$59.95 (SMALL)

Although you may want to contain some objects, you may still want them to be on display, so this glass and brass Clarus Display Box with a mirrored bottom provides the perfect solution; crateandbarrel.com.

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- Mr. & Mrs. Ollie Stephan

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- Quinn, B.



Teaching Grade 4 can be hard on your back and feet. I had been going to physio, chiro for the last five years with no results. When I read about this new treatment, I brought my mother and came in for consultation. Both of us are taking these treatments and I have been able to work in my garden and looking forward to another school year without dreading the pain. THANKYOU CDPC!

- Menelaou, A.

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Bilzrami, A.



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B fall and winter

► Vintage accents, wallpapers are among the hot design choices this year

DECOR MOMENT

KARL LOHNS
HOME@METRONEWS.CA

 Although trends come and go, I see this fall's decor trends as a

welcoming sign of casual comfort, high quality and a return to a better quality of life. It's like a well edited wardrobe; fewer pieces but all of remarkable quality and stability.

Vintage accents

French-burlap and linen is being utilized for chic pillows printed with a vintage stamped design and accent chairs are covered in humble grey linen fab-

ric. Vintage replica lamps made of brass and milk glass are making a comeback as something new and fresh.

Tip: I like this trend look for a guest bedroom; it's casual and vintage is always comforting.

Wallpaper is back

Wallpaper is making a comeback in a big and decidedly fashionable way. From bright and bold to

subdued and elegant, today's wallpapers are easy to apply and even easier to remove, making updating the seasonal look of a room easier than ever before. Luxurious touches like gold gilt, crystals and velvet are all the rage in a jazzier setting.

Tip: If you are nervous about adding a print to the walls then choose a tone-on-tone print which will be much more subtle.

Whatever Art

Art doesn't have to be expensive but it should certainly have meaning. Buy what you like and don't be afraid to mix oil, pastel, black-and-white photography; the more you mix the more travelled and cultured you will look. Vintage maps, old road signs, antique photography; it all goes as long as it has meaning!

Tip: To add depth and character to your pieces, forego the glass cover that can be distracting and casts a glare that actually detracts from the art.

Burst of Colour

While grey neutrals are still very popular this year for elements like paint colours and upholstered furnishings, coloured accent pieces give a space vi-

sual interest and appeal. Brightly coloured and/or patterned pillows, rugs and other accessories will bring an otherwise bland space to life.

Window Treatments

While many love luscious fabrics, an overuse of material on your windows can quickly overpower an otherwise streamlined room. Linen panels are now very trendy since they beautifully outline and soften windows. Silk has made its way back on windows but holds a simpler dimmer that the ruffled silk drapes from the past.

Tip: Adding simple matchstick blinds under drapery panels will mix the rich with the humble — a hot look at this moment.

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I purchased a home a couple of years ago and I have now decided to sell and move in with my girlfriend. I am trying to deal with my bank to reduce the pre-payment penalty they want to charge me for getting out of the mortgage early. I have approached my lawyer who acted on my behalf when I purchased the property and have discovered to my surprise that he cannot assist me because he is claiming conflict of interest. Apparently he represented both me and the bank when I purchased the property and therefore cannot give me any legal advice with respect to the bank. Is this true and what should I do?

There are a variety of situations where your lawyer may find themselves in a conflict of interest situation and one of the most common is with the bank which holds your mortgage. In most

situations, your lawyer who acts on your behalf will also represent the bank's interests in your transaction.

It makes perfect sense; they have done the work investigating the title to the property and therefore can give to both you and the bank, who want to make sure their loan collateral is not compromised, an opinion that the title is free and clear of any defects.

In this case, when I sit down with a client, I explain this potential for conflict and actually make my clients sign an acknowledgement that we have had this discussion and they understand the implications.

If you require legal representation to deal with the bank that holds your mortgage, more than likely your lawyer who acted on your behalf when you purchased will be precluded from assisting you with your bank negotiations. A new lawyer is the only real alternative.



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New decor for kids

Betsy Burnham loves designing bedrooms for children. But before she can begin, she sometimes has to steer clients away from painfully cute design ideas.

"I don't like cutesy things — the murals, the Disney things," says Burnham, an interior designer based in Los Angeles. A child's room can be wonderfully whimsical, she says, "but it can also fit in with the rest of your decor."

Many parents feel obligated to stick with colours and imagery commonly associated with little kids. "But when you do that," says designer Brian Patrick Flynn, founder of decordemon.com, "you create a powder keg, because then you have to redecorate when they get bigger."

How do you create a space that is kid-friendly, but will also grow with your child and mesh with the rest of your home?

Flynn, Burnham and HGTV's latest Design Star winner, Emily Henderson, share their advice:

BREAK THE RULES

Forget the typical pastels and primary colours. Flynn loves vibrant oranges and greens for kids' bedrooms: "They're high energy, but totally gender-neutral."

White and brown are also a great combination, he says, because you can accessorize them with a range of other colours as the child's taste changes.

SKIP THE KIDDIE FURNITURE

Burnham says a dresser with a changing pad on top can be a functional and stylish alternative to a traditional changing table. And rather than buying a prefab kids' table and chairs set, Henderson recommends hunting at flea markets for vintage school chairs and desks.

THE ASSOCIATED PRESS



Build your own island in the sun

► Sunrooms can create a healthy and quiet getaway inside your house ► Proper insulation key to building an energy-efficient hotspot during winter

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As temperatures fall and there are fewer opportunities to enjoy the outdoors, your home is becoming your hideaway.

Why don't you make it more beautiful and comfortable before winter is upon us?

Consider building an addition, such as a sunroom, for extra space and comfort.

More sun exposure will help you increase the amount of vitamin D during those bleak winter months, while creating additional living space for your family.

A sunroom can be used as a quiet reading area, a "winter garden" to grow a

collection of plants, and best of all, your winter escape to enjoy the light and warmth during those long winter months.

If your sunroom has a nice view, such as a pond, a garden, a city skyline or simply a lot of open space, it will also serve as a beautiful getaway for your family or visiting guests.

How to plan it out? First, start with a budget and develop a plan. Select windows that are highly energy efficient and make sure caulking covers all gaps and drafts. Second, ensure your sunroom is properly insulated to maintain the warmth and energy efficiency of your

Wish granted

► With the government grants available for energy-efficient renovations, you can save money on renovation costs. Federal and provincial governments, as well as some energy utilities, offer funding for homeowners who complete energy-efficient renovations. More information on grants and incentives can be found online at showmethegreen.ca.

lize unused space to create an indoor winter sanctuary.

Remember to make sure it is properly insulated to help you stay warm during the cold winter," says David Flood, insulation expert at Owens Corning.

To properly insulate a sunroom, start with the foundation, including the appropriate studs and adequate insulation requirements.

Ensuring your sunroom floors are well-insulated will help keep your indoor garden weather-resistant, and temperature appropriate, all year round.

NEWS CANADA



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Veggie Melts

Makes 2 servings

Ingredients :

- 2 English muffins or 4 slices of multi-grain bread
- 30 ml (2 tbsp) low fat mayonnaise dressing
- 50 ml (1/4 cup) corn, fresh or canned
- 50 ml (1/4 cup) chopped cucumber
- 50 ml (1/4 cup) chopped tomato
- 30 ml (2 tbsp) chopped green onion (optional)
- 2 slices (each 30 g/1 oz) low-fat Swiss or cheddar cheese

Melted Swiss or low-fat cheddar top these English muffins, spread with a mixture of corn kernels, cucumber, tomato and green onions. They make a nice weekend lunch or healthy snack.

Preparation:

- 1 Toast muffins or bread and spread with mayonnaise and vegetable mix.
- 2 Top with slices of cheese and broil in the oven until cheese is melted.

THE CANADIAN PRESS

The secret's out on this fishy city hot-spot

► Don't feel guilty about its great menu

LUNCH RUSH

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There's a better way to enjoy a great fish sandwich, and it doesn't involve a can of tuna!

High-end brown bag lunches await you at Whalesbone Sustainable Oyster & Fish Supply. The best thing is you don't have to feel guilty about any of it.

Since the owners are conscious of the status of the fish stocks and the method of the harvest or catch, they source only fish that is Ocean-Wise certified and sustainable. You may pay a bit more for your sandwich, but you'll feel better for it.

► Whalesbone Sustainable Oyster & Fish Supply

- 504 A Kent St.
- (613) 231-3474
- Hours of operation: Tue. – Wed. (10 a.m. – 5 p.m.), Thu. – Fri. (10 a.m. – 6 p.m.), Sat. (10 a.m. – 3 p.m.) Lunch (11 a.m. – 2 p.m.)
- Rating: 4 ½ / 5
- Price range 4 ½ / 5
- Reservations: No

I ordered the Salmon Cake Sandwich (\$6). The bread was fresh with a dusting of cornmeal, the salmon was crisped and spicy and filled with herbs and flavourings, and the layer of chutney was sweet and tangy. The Smoked Bacon and Mussel Potato Salad (\$3) on the side was ok, but a bit too fishy for my liking.



► Salmon Cake Sandwich

On my way out, I picked up a fillet of fresh halibut for dinner. Salmon Cake Sandwich (\$6), Smoked Bacon and Mussel Potato Salad (\$3).

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Quoted



"Everybody plays this game to actually play it, not just to practice. So I'm very excited for the opportunity."

SHAUNA HILL, ON BEING PICKED TO START THE DETROIT LIONS' HOME OPENER AFTER MATTHEW STAFFORD WAS HURT

• Jared Cowen aces tough battle for a spot on Senators blue-line

Jared Cowen is a six-foot-five tower of strength — virtually an immovable object on the ice.

But the top-ranked Ottawa Senators prospect currently finds himself in a state of limbo off the ice between a junior team that is moving on without him and an NHL squad that must determine if he's ready to contribute.

As the Senators prepare to break training camp this weekend, Cowen's immediate future is one of the most pressing decisions facing the organization.

It was a major topic of discussion as a group of the team's prospects participated in a rookie tournament in London this week.

"I think when you watch us play and you watch our blue-line, he is the one guy that just kind of jumps out at you," said Kurt Kleinendorst, who ran the Senators team in London. "He's probably the closest to being ready (for the NHL), but is he ready? He's a young kid."

Kleinendorst was hired to coach the AHL's Binghamton Senators over the summer and won't be seeing the 19-year-old defenceman this season no matter what decision is made. It boils down to an either/or situation with

"You look at his size and his maturity level, definitely I think he's got a shot at the NHL (this season)."

ASSISTANT COACH JON KLEMM OF THE SPOKANE CHIEFS

Cowen — he'll either play for the Senators or return to the Spokane Chiefs for a fourth season in the Western Hockey League.

The Chiefs aren't counting on it.

Assistant coach Jon Klemm, who played nearly 800 NHL games before retiring in 2009, says the WHL team doesn't expect to get its captain back. He believes Cowen already possesses the attributes needed to play in the NHL.

"He's a big, physical presence out there," said Klemm. "He can change the game at any time with a big hit or a great defensive play. That's kind of the player he is."

It's little wonder why Ottawa used the ninth overall selection in 2009 to draft Cowen. The organization even rewarded him at the end of last season by getting him into an NHL game in Tampa Bay ("The first shift I got kind of nervous," says Cowen).

THE CANADIAN PRESS
Jared Cowen



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Homer, top prospect not enough for Jays

The Baltimore Orioles withstood Jose Bautista's major league-leading 47th home run and ruined the debut of right-hander Kyle Drabek with a 3-1 victory over the Toronto Blue Jays yesterday night.

Bautista's drive tied the Toronto club record set in 1987 by George Bell. It was his seventh of the season versus the Orioles, the most against any team, and second off O's pitcher Brad Bergeisen (7-10).

Toronto has hit at least

3	1
ORIOLES	JAYS

one home run in 17 consecutive games, the longest run in the AL this year and one short of the streak of 18 straight by Cincinnati from May 11-29.

Drabek, the son of for-

mer Cy Young winner Doug Drabek, pitched well enough to win. But Bergeisen was better.

Drabek (0-1), the Eastern League pitcher of the year, gave up three runs and nine hits in six innings in his major league debut. He struck out five and walked three.

His father was in attendance. Doug Drabek made his debut against the Orioles for the New York Yankees in June 1986.

THE ASSOCIATED PRESS

Manning trying to help Colts recover after getting battered in Houston

► Peyton to face off against his brother as the Colts take on the Giants Sunday ► Indianapolis looks to avoid 0-2 start to the season

Peyton Manning walked into the Colts locker room yesterday, stood tall and answered every question.

To the league's four-time MVP, it's just another game week.

He's facing a formidable foe, a familiar quarterback — another Manning — and a defence that poses as many challenges as the one that just beat him up in Houston. To the older brother, it's time to forget about the past.

"I don't really keep a count, I guess," Manning said, when asked whether he was hit more than usual in the season opener.

The short answer is yes.

But it's not just the Colts' franchise quarterback in an unusual predicament heading into Manning Bowl II.

Instead of taking an undefeated record into November, as the Colts have four of the five previous seasons, they're 0-1 and in dire need of protecting their home field Sunday.

They have lost the division opener for only the second time since the AFC South was established in 2002, and the six-time division champs suddenly find themselves in last place.

Hey, it could be worse.

The relentless battering that Manning took last weekend has

been replayed dozens of times on local and national TV and in film rooms in Indianapolis and New York. Fortunately, for the Colts, Manning survived the countless twists and tugs, pushes, and shoves to give his offensive line another chance against Eli and the Giants.

"We weren't good enough, flat out, across the board," right tackle Ryan Diem said of the line's play.

"We've got to get that corrected. Our No. 1 goal every week is pass protection, to keep him off the ground, to keep him healthy."

It will be quite a challenge against a Giants defense that has made pressuring quarterbacks a decades-long quest.

No, Lawrence Taylor and Michael Strahan won't be around this Sunday, but new co-ordinator Perry Fewell has plenty of help.

Former Pro Bowl defensive ends Osi Umenyiora and Justin Tuck form, perhaps, the best pass-rushing tandem east of Indianapolis.

The third end, Mathias Kiwanuka, is returning to his hometown after posting two sacks against Carolina. In all, the Giants had four sacks last Sunday and knocked Panthers quarterback Matt Moore out of the game with a concussion.

THE ASSOCIATED PRESS

Giant plans?

Giants defensive co-ordinator Perry Fewell might add some new packages to test the Colts offensive line, which isn't 100 per cent.

► Left tackle Charlie Johnson finally returned last week after missing 32

days and all four pre-season games with a sprained right foot.

► Pro Bowl centre Jeff Saturday also started last week, a month after having arthroscopic surgery on his right knee.

► Jamey Richard is expected to make his second career start at left guard.

THE ASSOCIATED PRESS

Heat take training camp to Panhandle

LeBron James will take his talents to a different beach when the Miami Heat open camp.

He'll get to South Beach eventually. But first — Fort Walton Beach.

The Miami Heat announced yesterday that they will hold their first camp with James, Dwyane Wade and Chris Bosh at Hurlburt Field and Eglin Air Force Base in Florida's Panhandle from Sept. 28 to Oct. 3.

THE ASSOCIATED PRESS



► LeBron James
"It will provide the ideal setting for us to focus on basketball ... with limited distractions."

HEAT COACH ERIK SPOELSTRA

Boise State is nobody's underdog

300 Boise is more than 300 miles from Salt Lake City, the next closest major city.

and Ohio State). Its current 15-game winning streak is second-longest in the U.S.

And now, sitting in the third spot of the AP Top 25, the Broncos might just be the team that breaks the BCS once and for all.

"Six, seven, eight years ago, the idea Boise State would be No. 3 in the country and would be talked about as a contender for the national championship would have gotten you laughed out of the room," said Hawkes, a Boise State grad and owner of The Blue and Orange Store. "Now people are just crazy for the Broncos."

In fact, the only ones not caught up in Boise State-mania might be coach Chris Petersen and his players.

"We certainly appreciate where we are but, I've got to tell you, we don't think about it very much," Petersen said Tuesday.

"We care about the rankings when we're done playing."

THE ASSOCIATED PRESS

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AMERICAN LEAGUE**EAST DIVISION**

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	88	57	.607	—	—	5-5	W-1	45-27	43-30
New York	88	58	.603	½	—	2-8	L-1	49-25	39-33
Boston	82	64	.562	6½	6	6-4	W-4	42-30	40-34
Toronto	73	73	.500	15½	15	3-7	L-3	39-33	34-40
Baltimore	58	88	.397	30½	30	8-2	W-3	33-41	25-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	86	58	.597	—	—	9-1	W-3	48-23	38-35
Chicago	79	65	.549	7	8	5-5	L-1	40-29	39-36
Detroit	72	73	.497	14½	15½	5-5	L-1	47-28	25-45
Kansas City	59	85	.410	27	28	3-7	W-1	32-38	27-47
Cleveland	59	86	.407	27½	28½	5-5	L-1	31-42	28-44

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	81	63	.563	—	—	6-4	W-6	47-26	34-37
Oakland	72	72	.500	9	15	6-4	L-1	44-30	28-42
Los Angeles	71	74	.490	10½	16½	6-4	W-1	38-34	33-40
Seattle	55	91	.377	27	33	2-8	L-7	33-41	22-50

NATIONAL LEAGUE**EAST DIVISION**

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	86	61	.595	—	—	8-2	W-4	45-27	41-34
Atlanta	83	64	.565	3	—	4-6	L-2	52-23	31-41
Florida	73	72	.503	12	9	4-6	L-3	35-36	38-26
New York	73	73	.500	12½	9½	7-3	W-3	43-27	30-46
Washington	64	84	.425	23½	20½	4-6	W-2	35-36	27-48

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	83	63	.568	—	—	4-6	W-1	45-29	38-34
St. Louis	74	69	.517	7½	7	4-6	L-2	43-26	31-43
Houston	70	76	.479	13	12½	6-4	L-1	39-36	31-40
Milwaukee	67	78	.462	15½	15	5-5	W-1	36-38	31-40
Chicago	64	81	.441	18½	18	6-4	W-2	33-42	31-39
Pittsburgh	48	97	.331	34½	34	3-7	L-3	33-39	15-58

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Diego	82	63	.566	—	—	6-4	L-1	42-32	40-31
San Francisco	81	64	.559	1	1	7-3	L-1	42-28	39-36
Colorado	80	66	.548	2½	2½	8-2	W-1	51-24	29-42
Los Angeles	72	73	.497	10	10	3-7	W-1	41-31	31-42
Arizona	58	88	.397	24½	24½	2-8	L-1	35-40	23-48

AMERICAN LEAGUE**Last night's results**

Baltimore 3 Toronto 1
Boston 5 Seattle 1
L.A. Angels 7 Cleveland 0
Tampa Bay 4 N.Y. Yankees 3
Detroit at Texas
Minnesota at Chicago White Sox
Oakland at Kansas City
Tuesday's results
Cleveland 4 L.A. Angels 3
Baltimore 11 Toronto 3
N.Y. Yankees 8 Tampa Bay 7 (10 ings)
Texas 11 Detroit 4
Minnesota 9 Chicago White Sox 3
Kansas City 11 Oakland 3
Boston 9 Seattle 6
Tonight's games
(All times Eastern)
L.A. Angels (E. Santana 16-9) at Cleveland
(Carmona 12-14), 7:05 p.m.
Minnesota (Pavone 16-11) at Chicago White Sox (Buehrle 12-10), 8:10 p.m.
Tomorrow's games
N.Y. Yankees at Baltimore, 7:05 p.m.
L.A. Angels at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Cleveland at Kansas City, 8:10 p.m.
Detroit at Chicago White Sox, 8:10 p.m.
Oakland at Minnesota, 8:10 p.m.
Texas at Seattle, 10:10 p.m.

WILD CARD**AMERICAN LEAGUE**

	W	L	Pct	GB
N.Y. Yankees	88	58	.603	-
Boston	82	64	.562	6.0
Chi. White Sox	79	65	.549	8.0

NATIONAL LEAGUE**EAST DIVISION**

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Atlanta	83	64	.565	—	—	5-5	W-1	48-23	38-35
San Francisco	81	64	.559	1	1	7-3	L-1	42-28	39-36
Colorado	80	66	.548	2½	2½	8-2	W-1	51-24	29-42
Los Angeles	72	73	.497	10	10	3-7	W-1	41-31	31-42
Arizona	58	88	.397	24½	24½	2-8	L-1	35-40	23-48

NATIONAL LEAGUE**SATURDAY'S GAMES**

Yesterday's results
Washington 4 Atlanta 2
Milwaukee 8 Houston 6 (10 ings)
Colorado 5 San Diego 6
Cincinnati 7 Arizona 5
Philadelphia 10 Florida 5
N.Y. Mets 8 Pittsburgh 7
Chicago Cubs 7 St. Louis 2
L.A. Dodgers 1 San Francisco 0
Tuesday's results
Arizona 3 Cincinnati 1
Philadelphia 2 Florida 1
N.Y. Mets 9 Pittsburgh 1
McGraw, BC 20½ 21 23 3 103
Cecil, Sash 20½ 20 1 88
Shaw, Tor 0 18 19 6 77
DeAngelis, Ham 0 21 18 2 77
Prefontaine, Edm 0 15 16 7 70
Cates, Sash 11 0 0 0 66
x-Green, Mt 8 4 0 0 52
Serna, Wpg 10 2 8 0 4 48
x-scored two-point convert

AMERICAN LEAGUE**ORIOLES 3, BLUE JAYS 1**

	ab	h	bi	Baltimore	ab	r	h	bi
Wise, C	4	1	0	BBarts, 2b	3	0	1	0
YEscor, ss	4	0	1	Markakis, rf	3	0	2	0
JBautist, 2b	4	1	2	1	WPtns, 2b-1b	4	0	1
VWells, cf	4	2	0	Scott, 1b	4	0	1	1
Overey, 1b	4	0	1	JBell, 2b	0	0	0	0
A.Hill, dh	3	0	0	Pie, lf	4	1	0	0
Lind, dh	3	0	0	AdJons, cf	3	0	0	0
Snider, lf	3	0	1	Wieters, c	2	1	1	0
Cltrbs, ss	2	0	1	CPTrsn, dh	3	0	1	0
Totals	32	1	1	Totals	29	3	10	2
Toronto	100	0	0	000	1	0	0	0
Baltimore	100	20	00x	0	1	0	0	0

CFL**WEEK 12****EAST DIVISION**

	GP	W	L	T	PF	PA	PT
Montreal	10	7	3	0	313	237	14
Hamilton	10	5	5	0	235	255	10
Toronto	10	5	5	0	220	280	10
Winnipeg	10	3	7	0	278	273	6

WEST DIVISION

	GP	W	L	T	PF	PA	PT
Calgary	10	9	1	0	359	202	18
Saskatchewan	10	6	4	2	278	267	12
B.C.	10	3	7	0	245	260	7
Edmonton	10	2	8	0	187	341	4

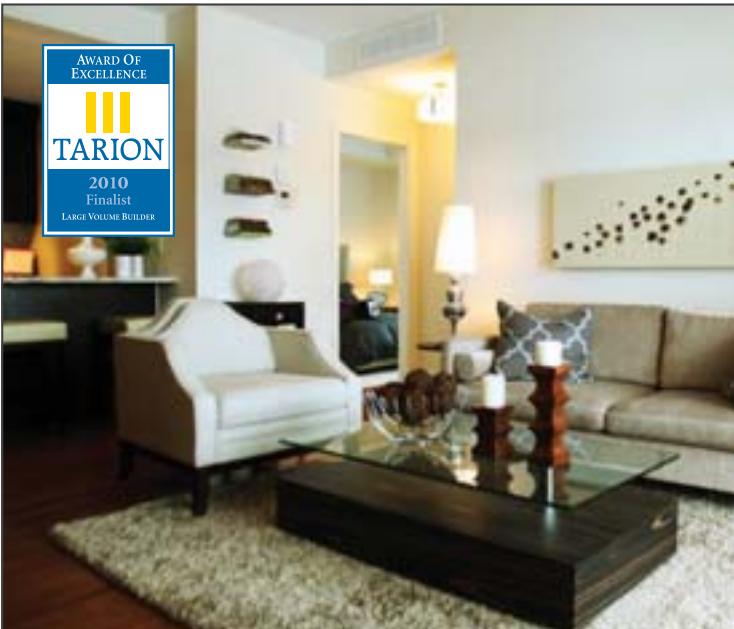
SCORING LEADERS

	TD	C	FG	S	Pts
Duval, Mtl	0	29	23	11	109
MacFar, Cal	0	40	20	3	103
McCarr, BC	0	21	23	3	93
Cooley, Sash	0	20	1	0	88
Shaw, Tor	0	18	19	6	77
DeAngelis, Ham	0	21	18	2	77
Prefontaine, Edm	0	15	16	7	70
Cates, Sash	11	0	0	0	66
x-Green, Mt	8	4	0	0	52
Serna, Wpg	10	2	8	4	48

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

BETTING**PRO LINE LOTTERY ODDS****THURSDAY, SEPT. 16**

No.	SPT	VIS	HOME	V+	V-	T	H	H+	O	#	U
21	CFB	CIN	NCST	3.2	2.6	3	2	2.6	—	—	15
67	BBL	ARZ	CIN	3	2.5	3.1	1.5				



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